

CONTACT

AUGUST 2010 Vol. 28, No. 8



**349th Air Mobility
Wing, Team Travis
members 'of all
ages' come
together with
"Operation
Gratitude"**



349th Air Mobility Wing



"In Omnia Paratus"

Supervisors - evaluate yourselves

*by Chief Master Sgt. Ronald Manning
39th Security Forces Squadron Superintendent*

In my 28 years of service I have found that supervisors usually fall into one of two categories: bad or good. I know, you are thinking that is two very basic categories to place supervisors in but I have found it to be true in most cases. Fortunately, all but three of my supervisors fell into the “good” category.

Below you will find an example of both with a “Master Sgt. Bossman” being the bad supervisor and “Staff Sgt. Fair” being the good supervisor. As you read through the scenarios, please reflect back on your career and think of supervisors you have known and how they affect you.

Supervisor A - Master Sgt. Bossman: “Airman Suzie” was confidently briefing “Capt. Pilot” about the requirements for his official photo. Sergeant Bossman interrupted her and very loudly told her what she was doing was wrong. He demanded to know why she was giving out incorrect information to an officer. Airman Suzie froze, her face turned red, and she began to shake. She knew she was right, but she couldn’t find the words to defend herself. The waiting room went silent and Airman Suzie just knew everyone was staring at her.

She reached for the Air Force instruction and showed the sergeant and Captain Pilot the amendment that proved she knew her business. Sergeant Bossman tried to laugh off the situation, especially when Capt Pilot announced, “Looks like you owe your Airman an apology since she knows what she is talking about.” When Sergeant Bossman announced that he doesn’t apologize to Airmen, the Captain high tailed it to the officer-in-charge’s office and made a formal complaint about the unprofessional behavior of the senior non-commissioned officer.

Supervisor B - Staff Sgt. Fair: Soon after the official photo incident, Airman Suzie moved to a new office. Her supervisors decided she had “done her time” in her previous position. She had won Airman of the month and they wanted a sharp troop in the office. Airman Suzie was extremely apprehensive about the move because she heard rumors that Sergeant Fair was a tough supervisor who demanded a lot from his Airmen.

Even though he had high expectations and demanded perfection, Airman Suzie excelled in her new job. She sewed on her next stripe and began to build up plenty of confidence in herself, her new job and she even managed to complete all of her career development courses to keep progressing in her career.

Sergeant Fair continued to challenge Airman Suzie and put her in for quarterly awards, made her study for boards and even encouraged her to practice facing movements to help her overcome her nervousness. Initially, Airman Suzie resented this because she did not want to meet a board.

But that all changed when she started to win quarterly awards. She became very confident in herself and some would say a little arrogant. She became used to being rewarded and after she finished her CDCs, her supervisor began a routine of letting her leave for the day at lunch time on Fridays after all of her duties were done. Airman Suzie would lounge at the base swimming pool for the afternoon and wait for her friends to get off work.

Which supervisor are you? Do you yell, scream and embarrass your Airmen like Supervisor A? Do you mentor your Airmen and teach them to be independent and strong performers like Supervisor B?

There is a lesson to be learned in the above scenarios and I am sure you have some of your own from previous encounters with supervisors. I encourage you to do the right thing and treat your subordinates with respect. I realize not all career fields have the luxury of allowing personnel to leave early or give them a day off, but sometimes a compliment or words of encouragement will go a long way.

Family Events - Save the Dates

**--August 21: Employer
Appreciation Day, POC 349th Public
Affairs, 707-424-3936.**

--September 11-18: Travis Week

--September 18: Air Force Ball

--September 25: Base Family Day

**-- September 25: Wing
Commanders Call**

**-- November 25: Operation Give
Thanks**

No one likes to be taken for granted

*by Chaplain (Lt. Col.) Gregory Stringer,
349th Air Mobility Wing*

When I was a young boy, I was taught by my parents to say, “please” and “thank you” when I was requesting something and then received it. When you are a little child, you can misinterpret that instruction and think that if you say “please” and “thank you” it is the “magic formula” to get whatever you want. Needless to say, I learned it is not a “magic formula.” But I soon learned when someone helps you and does something for you, even if they are being paid to do the task, a heartfelt and sincere “thank you” is appreciated.

I guess the plan fact is that no one likes to be “taken for granted.” When we are being “taken for granted” it lessens our enthusiasm for our work; it makes it harder to continue in our task especially, when our tasks may become more difficult or “pressurized” and it begins to erode our confidence in those individuals who are communicating to us in this way. And so, we go down that slippery slope of beginning to think that “they really do not care about us” and suddenly, our spirits are sinking and we start heading down a negative slope.

Conversely, if our co-workers, supervisors, and family members see our contributions and take the time to say a sincere “thank you” to us, it makes a great difference in our day to day attitudes. We suddenly feel appreciated and are encouraged to continue our tasks, since they are seen as valuable and important to others. It reminds us that our contributions are important and we are inspired to be faithful to our task and the mission, even when the going can get difficult and demanding.

That is the power of a heartfelt “thank you!” It inspires and lifts you up. It reminds you that your work, no matter what it may be is important to the “big picture” of the mission. It makes a difference especially to you, since you know it is not said as a “magical formula,” but as a sincere and truthful statement of fact.

Since we are surrounded with so many people doing so many wonderful things at work, home, school, or in our wing, I would suggest that we get in the habit of offering “a heartfelt thanks” to those who are helping you, helping others, and making both the family life and the work environment a better place. Let these individuals know that you notice what they are doing and that it is making a good impact. Celebrate their contributions with them. As you do this often, you will find the climate in your work area or home to change for the better, as people feel appreciated, valued, and even loved. Then step back and watch how you and the people around you will walk with a “lighter step” and with greater joy to the benefit of all. Never underestimate the power of a heartfelt and sincere “thank you.”

So as I close this message, I would like to say “thank you” to each of you and your families for your part in keeping our nation safe and free! May God bless you and our nation.

349th Air Mobility Wing Office of Public Affairs

520 Waldron Street
Travis AFB, CA 94535-2171

Office Hours:

Monday - Friday and UTAs

7:30 a.m. - 4:30 p.m.

Phone: (707) 424-3936

FAX: (707) 424-1672

Email: 349amw.pa@travis.af.mil

Commander

Col. John C. Flournoy, Jr.

Chief, Public Affairs

Lt. Col. Robert Couse-Baker

Deputy Chief, Public Affairs

Ellen Hatfield

Editor

Patti Schwab-Holloway

Public Affairs Staff

Capt. Robin Jackson

Senior Master Sgt. Ellen Hatfield

Master Sgt. Robert Wade

Tech. Sgt. Meredith Mingledorff

Senior Airman Amelia Leonord

On the Cover:

For the past 10 years, the 349th Wing have honored the veterans of the California Veterans Home in Yountville with a champagne brunch during Operation Gratitude. The Airmen, with the support of local sponsors, purchase the food, prepare and serve it up to the veterans with smiles and hugs. U.S. Air Force photos/ Senior Master Sgt. Ellen Hatfield

Editor's Note:

In last month's Arctic Care story, a team member was inadvertently omitted. Maj. (sel) Ronaldo Memije, a nurse anesthetist with the 349th Medical Squadron, also deployed with the Travis team.

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'Operation Gratitude' - ten years of fellowship with military veterans

by Senior Master Sgt. Ellen L. Hatfield
349th Air Mobility Wing

“Thank you” are two of the most powerful words in any language. For the past ten years, the Airmen of the 349th AMW have taken those words to the next level with Operation Gratitude.

For the past 10 years, the day before Father's Day, this wing and some of their friends from Team Travis and the Reserve, have honored the veterans of the California Veterans Home in Yountville with a champagne brunch.

The Airmen, with the support of local sponsors and donations, purchase the food, prepare and serve it up to the veterans with smiles and hugs. The veterans enjoyed pancakes, scrambled eggs and ham, fresh fruit, muffins and pastries, and of course, champagne and mimosas.

Included in the festivities was the posting of the colors and the flag folding ceremony by the Travis Honor Guard and the singing of the National Anthem by Charlene Flournoy, daughter of 349th AMW Wing Commander, Col. Jay Flournoy. Entertainment was provided by the San Francisco Bay area Lumina Choir and the Whiskey, Tango, Foxtrot Trio. Rounding out the fun was a raffle of

gifts for the attendees.

“It is always good to look back in our past to see the strength we need in our future,” said Senior Master Sgt. James E. Standley, this year's primary organizer of Operation Gratitude. He said this particular event always has support from the community on and off base because we can all feel a connection to our veterans. Supporters included Mr. Stanley Davis, Travis Federal Credit Union, Travis Officers Spouses Club, First Sergeants Council, Five and Dime Booster Club, Veterans of Foreign Wars Dixon Post No. 8151, 349th AMW Airmen and Travis AFB Base Exchange and Commissary customers – all of you out there.

It was George Washington who said “The willingness with which our young people are likely to serve in any war, no matter how justified, shall be directly proportional to how they perceive the veterans of earlier wars were treated and appreciated by their nation.” For Travis Airmen, saying “thank you” to our veterans has set the standard for tomorrow's warriors to remember yesterday's heroes.

Healthy Habits Coaching Programs

Submitted by 349th Mission Support Group

Sometimes, making changes isn't easy, but when you find your own motivation and take change one step at a time, it's more manageable. These lifestyle programs can help you make the positive changes you want to – and stick with them!

The Healthy Habits Coaching Programs consist of two separate, unique programs (*these programs are independent of each other, and enrollment into each program is optional*):

- Healthy Habits Coaching Program
- Life Health Assessment

HEALTHY HABITS COACHING PROGRAM

The Healthy Habits Coaching Program has three areas of focus.



iCanChange uses a personalized, flexible, and supportive approach to help you reach your weight and health goals.



iCanThrive can help you learn how to fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax more.



iCanRelax can help you become aware of stress and how it affects you, and gain skills for handling your reactions to stressful demands and changes.

The iCan Programs will help you understand your behaviors and help you make changes. The programs feature an optional telephonic or online personal health coach, a personal homepage with a tracker, interactive tools and much more!

LIFE HEALTH ASSESSMENT

This assessment is a global evaluation of your physical health, behavioral health, and motivation to change.

Answer a series of questions and get immediate feedback in a detailed personal report that helps you understand how to make changes.

Areas Assessed:

- Current health
- Nutrition
- Tobacco use
- Vehicle safety
- Physical activity
- Alcohol use
- Stress and depression
- Biometric measures (e.g. weight, height, blood pressure, cholesterol)

To find out more, or enroll in one of these programs, visit militaryonesource.com. The more you know the better choices you make.

Travis Team maintenance streets to share, improve

After two months of planning, full-time United Airlines employee and Air Force reservist, Tech. Sgt. Romeo G. Cerimele took members of the 60th maintenance squadron, inspection section here on a tour of the United Airlines maintenance repair hangar in San Bruno, Calif., July 8.

Sgt. Cerimele planned the trip in an effort to teach eager, young Airmen how the civilian workplace differs from what they are accustomed to.

"I wanted to show some of these guys that the career field they're in isn't always the same as it is on the civilian side," Sgt. Cerimele said.

The group of 15 people began the tour in the back-shops, beginning with the tire shop and working their way through the high tech composite shop, flight controls shop, C-17 inlet valve shop, reverser area and machine shop.

After making their way through the back-shops, they went to a docking station where a 757 jetliner was having a pylon repaired. There, the Airmen were given the opportunity to get inside the engine and see things up-close, as well as see how the process of changing the landing gear on a plane is different.

"It would save a lot of time if we did it that way," said Staff Sgt. Billy R. Smith III, a member of the 60th maintenance squadron, inspection section. "It's a cool thing that I brought back from there."

The next stop on the tour was United's milestone board. The milestone board lists all the tasks that need to be done to an aircraft and its estimated completion date. The board is similar to the Air Force lean concept, except that it is color-coded in an effort to simplify the repair process. The lean concept is an effort by the Air Force to prevent any unnecessary steps in the repair of an aircraft. By using the color system, it simplifies the board so that with a quick glance mechanics can see the status of repairs.

The Airmen were also shown point of use kits which are an assortment of frequently used tools and parts. These kits are used to expedite the repair process. The kits intrigued the Airmen because in order to repair a plane in their shop they have to check out each tool and part individually.

Since returning from their trip to the United Airlines hangar, the Airmen have begun implementing some of the practices that they learned. Just this week they removed the entire tail of a C-17 Globemaster, something which they had never thought of doing.

There are a lot of things that they can be done in our shop here if the Airmen just think a little outside of the box, Sgt. Cerimele said.

e - taking it to the e processes

by Senior Airman Amelia Leonard
349th Air Mobility Wing



Two Airmen from the 60th Air Mobility Wing, maintenance squadron here pose for a picture inside of a jet air intake during a tour of the United Airlines maintenance hangar in San Bruno, Calif., on 8 July. U.S. Air Force photo/Tech. Sgt. Ted Carnes

Master Sgt. Dennis R. Degolia inspects a portion of a jet plane during a tour of the United Airlines maintenance hangar in San Bruno, Calif. on 8 July. U.S. Air Force photo/Tech. Sgt. Ted Carnes



349th Wing Full-Time Vacancies

UNIT	GS/SERIES	TITLE	TYP
349th AMW/SE	GS-0018-09/11	Safety & Occupational Health Spec	ART
349thAMW/FM	GS-0545-05	Budget Technician	CIV
349th AMDS	GS-0303-07	Medical Administrative Asst	ART
349th MAS	GS-0301-10	Services Specialist	ART
45th APS	GS-1702-09	Training Technician	ART
349th MAS	GS-0301-10	Service Specialist	ART
349th MSS	GS-0343-09	Management Analyst	ART
349th MSS	GS-0301-11	Supervisory Human Resources Spec	ART
349th MXS	WG-2892-11	Aircraft Electrical Work Inspector	ART
349th MXS	WG-2892-10	Aircraft Electrician	ART
349th MXS	WG-3806-10	Sheet Metal Mechanic	ART
349th MXS	WG-8255-10	Pneudraulic Systems Mechanic	ART
349th MXS	WG-8852-10	Aircraft Mechanic	ART
349th AMXS	WG-8602-10	Aircraft Engine Mechanic	ART
349th AMXS	WS-8801-08	Aircraft Overhaul Supervisor	ART
349th AMXS	WS-8801-09	Aircraft Overhaul Supervisor	ART
349th AMXS	WG-8852-10	Aircraft Mechanic	ART
945th AMXS	WG-2610-12	Electronic Integrated Sys Mech	ART
749th AMXS	GS-0303-05	Adm Support Assistant	ART
749th AMXS	WS-8801-13	Aircraft Overhaul Supervisor	ART
301st AS	GS-0303-07	Operations Technician	ART
70th ARS	GS-0318-05	Secretary (Office Automation)	CIV
70th ARS	GS-2181-12/13	Pilot	ART
79th ARS	WG-2610-12	Flight Instructor	ART

349th Wing Traditional Reserve Vacancies

AFSC	AFSC Title	Rank	AFSC	AFSC Title	Rank
11G3	Generalist Pilot	Officer	3H071	Historian	TSgt
11M3K	Mobility Pilot, General	Officer	3S271	Education & Training	SSgt/TSgt
11M3Y	Mobility Pilot, General	Officer	3S271	Education & Training	MSgt
14N3	Intelligence Officer	Officer	41A3	Health Services Administration	Officer
1A071	In-Flight Refueling	TSgt	42B3	Physical Therapist	Officer
1A151	Flight Engineer	SSgt/TSgt	43P3	Pharmacist	Officer
1A251	Aircraft Loadmaster	SSgt/TSgt	44M3	Internist	Officer
1A291	Aircraft Loadmaster	MSgt/SMSgt	44M3H	Internist	Officer
1C351	Command Post	SSgt	44R3B	Diagnostic Radiologist	Officer
1N051	Operations Intelligence	SSgt/TSgt	44Y3	Critical Care Medicine	Officer
1N091	Operations Intelligence	SMSgt	45A3	Anesthesiologist	Officer
21R3	Logistics Readiness	Officer	45B3	Orthopedic Surgeon	Officer
2A551	Aerospace Maintenance	SSgt/TSgt	45S3A	Surgeon	Officer
2A652	Aerosp Ground Equip	SSgt/TSgt	45S3B	Surgeon	Officer
2A672	Aerosp Ground Equip	MSgt	46F3	Flight Nurse	Officer
2A656	Aircraft Electrical and Env Sys	SSgt	46M3	Nurse Anesthetist	Officer
2A654	Aircraft Fuel System	SSgt	46N3	Clinical Nurse	Officer
2A675	Aircft Hydraulic System	SSgt/TSgt	46N3E	Clinical Critical Nurse	Officer
2E151	Sat Wideband & Telm Systems	TSgt	46N3H	Clinical Nurse	Officer
2E173	Ground Radio Communications	SSgt/TSgt	46S3	Operating Room Nurse	Officer
2E193	Ground Radio Communications	MSgt	48A3	Aerospace Medicine	Officer
2G071	Logistics Plans	MSgt	48R3	Flight Surgeon	Officer
2T271	Air Transportation	TSgt/MSgt	4A091	Health Services Mgmt	SMSgt
3E252	Electrical Power Production	SSgt	4N051	Aerospace Medical Services	SSgt/TSgt
3E451	Utilities Systems	TSgt	4N071	Aerospace Medical Services	MSgt
3E473	Environmental Controls	MSgt	4N071C	Aerospace Medical Svc, IDMT	TSgt/MSgt
3E791	Fire Protection	SMS/CMSgt	4N091	Aerospace Medical Services	SMSgt
3E800	Explosive Ord Disposal	SMS/CMSgt	5J051	Paralegal	SSgt
3E591	Engineering	MSgt	5R051	Chaplain Assistant	SSgt

For more information about these vacancies, go to <https://www.afpc.randolph.af.mil/afpcsecure/MainMenu.asp>.

For more information about ART vacancies contact the ART Recruiter office at 530-634-5189 or go to <http://www.usajobs.gov>.

New Air Force dining program opens door for retirees

by 1st Lt. Gina Vaccaro McKeen

AF Personnel Center Public Affairs

Thanks to the Air Force's Food Transformation Initiative, retirees at six bases will be able to use military food service establishments. Retirees will pay the same market price as everyone else, and there will not be an added surcharge on top of the menu price.

The six Air Force bases participating in the initiative are Elmendorf Air Force Base, Alaska, Patrick AFB, Fla., MacDill AFB, Fla., Fairchild AFB, Wash., Little Rock AFB, Ark., and here.

This pilot program not only opens food establishments to all members of the base community, but customers will also see changes to food and beverage options, resulting in greater quality and variety, said AF Services Agency officials. Diners will see an overall increase in the variety and availability of healthy menu options on base.

With FTI, the Air Force is changing the way it delivers food in order to meet the needs of today's Airmen. For the past 60 years, the AF has been feeding Airmen based on a much larger, more stationary force. With the transition to a smaller, expeditionary force, leaders are looking to make dining programs more flexible, available, and efficient.

"FTI is about Airmen and for Airmen," said Brian Floyd, the deputy director of the force support squadron at Travis Air Force Base, one of the pilot bases for this initiative. "We

have heard loud and clear what our Airmen want, and FTI is all about offering them better quality food, more variety and a sense of community when dining."

FTI will reinvigorate Air Force dining by hiring a contractor to transition to hybrid facilities on bases that will be open to the entire base populace, much like common business and university campuses, services officials said.

Many base dining facilities have use rates of less than 50 percent. Instead of closing these facilities, Air Force plans call for transforming operations. This transformation will preserve the mission of providing meals to Airmen and bringing positive changes to the way Airmen are fed on base, services agency officials said.

While services officials are excited about the forthcoming changes, they emphasized things will not happen immediately and that each base will be different. The first phase of the program is about improving menu options, they said, and the total transformation will take time.

Opening the transformed dining venues to retirees and base employees will restore a sense of community because everyone will be able to eat together, Mr. Floyd said.

"Now all of these groups of people will be able to share quality food in a family type of atmosphere at the dining hall as well as at other food venues on base," he explained.

Refer a friend, receive free tickets to WWE

Monday Night Raw
Sacramento, CA at the ARCO Arena
Monday, August 9th at 5:30 p.m.

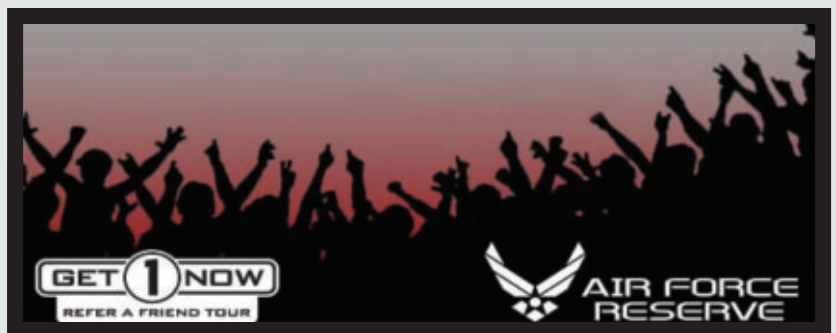
FREE picture with special guest Audrina
Patridge of MTV's The Hills

Come see your favorite Raw Superstars,
featuring:

John Cena, Randy Orton, Edge, Chris Jericho, Mark Henry, Sheamus, Ted
DiBiase, The Miz, John Morrison, The Hart Dynasty, R-Truth, Eve, Maryse...
And Many More!!!*

For more information visit: www.get1now.us/wwe

(Tickets subject to availability. Lineup subject to change)



NSPS positions assigned GS pay grades

by April Rowden

Air Force Manpower Agency

The Fiscal Year 2010 National Defense Authorization Act repealed the National Security Personnel System, resulting in the mandatory transition of more than 44,000 Air Force federal employees to other personnel and pay systems.

Core documents are currently undergoing review and classification for those Air Force employees whose positions were created under NSPS. Core documents describe the major duties, responsibilities and supervisory relationship of a position.

Classifying a position at the accurate grade for the assigned duties and responsibilities ensures balance of the organization and is vital toward maintaining classification accuracy across the Air Force.

AFMA classification specialists have a proven track record of making the right decisions and appropriately applying the OPM Classification Standards and Guidelines. Since centralized classification began in 1996, all appealed classification decisions have been upheld by OPM

and the Department of Defense in favor of AFMA's classifications.

Employees whose positions were originally under GS will have the position classified based on the position description on file, also referred to as the "reach back PD." Other positions may have an applicable Standard Core Personnel Document that may be used. Many of these standard core documents are available for viewing on the Air Force Portal, keyword "SCPD library."

An employee who feels the classification does not accurately reflect his position's assigned duties and responsibilities may appeal the classification decision to the Department of Defense or OPM after the individual has transitioned into the GS personnel system.

By law, employees will not lose pay upon conversion. These general guidelines will be followed when determining an employee's pay. If the employee's current pay:

- Fits within the rate range of the appropriate grade to which the

employee is assigned, the employee will be placed at a step that equals or exceeds his existing pay.

- Is below the rate range for the appropriate GS grade to which the employee is assigned, the employee will be placed on the first step of the GS grade upon conversion out.

- Is above the rate range for the appropriate GS grade to which the employee is assigned, the employee will be placed on pay retention to ensure he does not suffer any decrease in or loss of pay upon conversion.

In the meantime, Air Force classification teams are working efficiently and effectively to provide fair and accurate classification service.

For more information on the NSPS transition, visit www.cpms.osd.mil/nsps/ transition. For more on the classification, visit AFPC's personnel services website. Air Force employees may call the 24-hour Total Force Service Center at (800) 525-0102 or DSN 665-5000.

ENLISTED PROMOTIONS

CHIEF MASTER SERGEANT

IVEY, ROBERT, 55th APS
WADDLE, KEVIN, 749th AMXS

SENIOR MASTER SERGEANT

GARCIA, DAVID, 349th AMXS

MASTER SERGEANT

GALBRAITH, MICHAEL, 349th MDS
CONKLIN, JOSEPH, 749th AMXS
MARSCHNER, JASON, 301 AS
COX, RONALD, 349th AMXS
MOLER, PAUL, 749th AMXS
RONQUILLIO, BRUCE, 312th AS
BERRIEN, KRISTOPHER, 749th AMXS
ROBERSON, CHARLES, 749th AMXS
JOHNSON, ANDREA, 349th AES
SCHMIDT, ROBERT, 749th AMXS

TECHNICAL SERGEANT

BEARD, YOLANDA, 349th MSS
STEPP, LARISA, 349th MOF
DOMINGUEZOLEA, JAVIER, 749th AMXS
FORTNER, JEFFREY, 82 APS
FLYNN, CHARLES, 349th MXS
MECHILL, MASON, 749th AMXS
SLIGH, MICHAEL, 349th AMXS ** EPP**
COOPER, KRISTOPHER, 749th AMXS
WOLFSKILL, CHRISTOPHER, 749th AMXS
DOMBROUSKI, JOSHUA, 749th AMXS

STAFF SERGEANT

NAPPER, KENNETH, 312th AS
WHITE, PATRICK, 312th AS

Promotions effective July 1, 2010 or earlier.

Integrity first, always

by Senior Master Sgt. Ellen L. Hatfield
349th Air Mobility Wing

In the Grammy winning song immortalized by Bette Midler, songwriter Julie Gold wrote “God is watching us from a distance.” Whether or not that speaks to your personal spirituality, this anthem speaks to one of our core values, integrity. There is always someone watching us.

Every morning before five, when I wake, the soft brown eyes of my Great Dane, Dinah, are watching me. She’s waiting for the signal – my feet on the floor – that it’s walk time. My integrity (and my conscience) lead me and I won’t disappoint. What do I get in return from her but unconditional love.

Every day I show up at the job, and give it my best for the next eight hours or so. My integrity helps me make sound, ethical decisions in the complex, yet always interesting world of Air Force public affairs. I have a set of principles and guidelines in an Air Force instruction that help me to choose wisely, my words and motivation.

No matter what the frustrations and setbacks, I love my job. At the forefront of everything we do in public affairs is integrity. Without that, we cannot be the trusted counsel to our leadership.

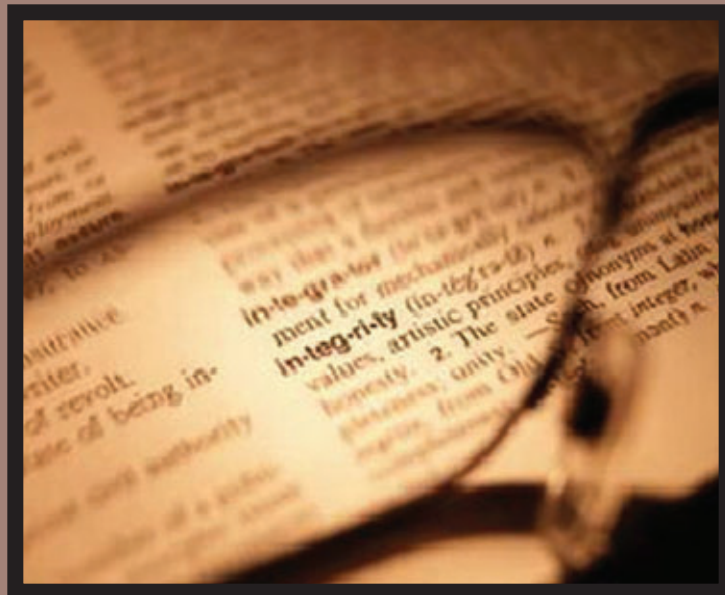
As I write this commentary, I can close my eyes and

see the dear faces of my family who instilled this integrity in me from the time I was old enough to walk, talk and understand, a solemn little girl with blond braids, freckles, and a wrinkle across my forehead from thinking so hard. I see my grandfather, the World War I veteran of the trenches of France; my grandmother, the dedicated nurse with the cool, gentle fingers that touched my cheek, looking for signs of a fever.

I see my brilliant, fun-loving dark-haired mother and my soft-spoken father, who so cleverly could fix anything mechanical, electrical and structural around the house, and whose aqua blue eyes I inherited. They were always there for me and my two sisters, teaching us to be women of integrity and independence.

Integrity is not on a sliding scale, you either have it or you don’t, you can’t have a little, or show just some. Like the word unique, integrity stands by itself.

I cannot speak for anyone else, but every day I feel the spiritual presence of the people who taught me integrity, and so much more. I would not disappoint them then, or now, by forgetting. I know they watch me still. Who is watching you?



**349th AIR MOBILITY WING
520 WALDRON STREET
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OFFICIAL BUSINESS**

PRESORT
FIRST CLASS MAIL
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PERMIT NO. 173

Don't forget to submit your nomination for 349th Military Spouse of the Year

The 349th Air Mobility Wing is now accepting nominations for the 349th Military Spouse of the Year. The MSOY honoree represents our military spouses who are the unsung heroes maintaining the home front and providing support to the men and women of the 349th Wing. Honorees will be selected based on his/her inspirational representation of all military spouses. Nominees must be the spouse of a current member assigned to the 349th Wing.

Members are encourage to submit a nomination for an eligible nominee of their choice. Please submit your nomination, via email to norma.rodriguez@us.af.mil, with the spouses full name and a few paragraphs/not to exceed one page, on why you are submitting them for recognition.

The nomination period runs from today through September 8. All submissions will be reviewed by judges hand-selected by Col. Jay Flournoy, 349th Wing Commander. The winner will be announced and honored at the 349th Wing Family Day, September 25th in the first annual MSOY Awards Ceremony.

349TH AMW Family Picnic is now the TEAM TRAVIS PICNIC

The 349th AMW Family Picnic set for Sept. 25 is now a Team Travis base picnic! The 60th AMW and 615th CRW are teaming with us for great food, fun music and more!

Who: You and your family

What: Bring blankets, lawn chairs, water pistols and your sense of humor!

Where: Six block radius around 349th AMW Headquarters building.

There will be bounce houses, pony rides, games, music from the Band of the Golden West, bowling at the Travis Bowl, swimming at the Travis Aquatic Center and more!

PLEASE SEE SQDN REPS FOR TICKETS
WE NEED A GOOD COUNT FOR FOOD PLANNING
PLEASE SIGN UP AT YOUR NEXT UTA!

